All Bodies Are Beautiful

How does this affect body image?

A 2024 study done by the University of London showed that 55% of men in the U.S. believed that social media promotes unobtainable body images, while 42% feel pressured to have a particular body type

Confidence is broken down by constant exposure to ripped models, edited images, and sculped physiques. A 2022 study found that young men feel that "there's this unrealistic expectation of having six-pack, washboard abs" and they end up unhappy that they don't fit the model.

How Toxic Masculinity Fuels Male Body Insecurities

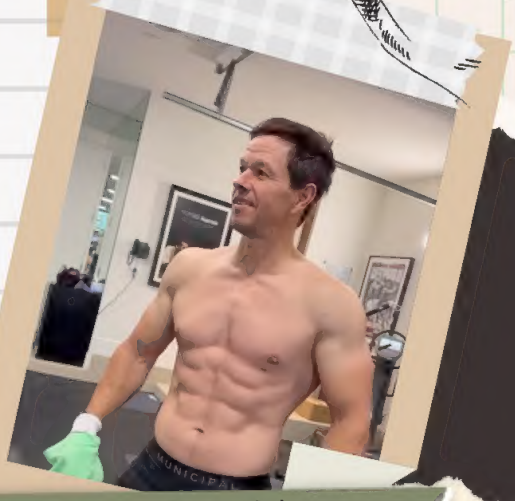
"Traditionally, body image research has been focused heavily on women, and there is a need for more male-specific research. Male body image concerns have risen in recent decades, particularly since the proliferation of social media- Chris Bell

Ideal Body Stats

6 ft
187 lbs
Chest 41 in
Waist: 33 in

Exercise at lest 7 hours a week

Apparently I need to look like Mark Wahlberg?

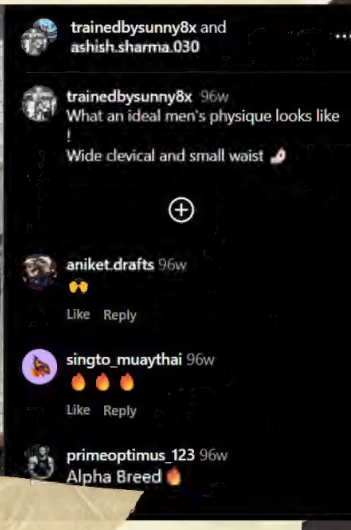


Peak Male Performance?

https://www.menshealth.com/uk/fitness/a758029/this-is-what-the-ideal-male-body-type-looks-like/

All these great Physiques

Just to get beaten by this guy



When a feminist realizes that men and women are not equal 🤣
13
14
14A
FILM NEGATIVE
NEGATIVE

What Is A Man?

on the toxic and harmful portrayals of men's bodies on social media

Rebekah Olls

Though harmful, these traits are considered to be the definition of masculinity.

Those who spread these ideas also believe that a man should look and act a certain way.

Men should be superior in every way: physically, mentally, and emotionally

If women didn't want to mate with masculine men, these traits would have been removed from the gene pool long ago

"Real men don't show emotion; it's a sign of weakness!" – Andrew Tate

"When men feel small they are dangerous."
— Nina MacLaughlin, Wake, Siren: Ovid Resung

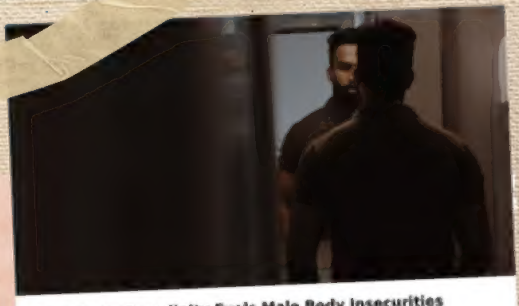
Men and boys are constantly exposed to toxic masculine traits through:

- Social Media
- TV and Movies
- Books
- Family Environments
- Peers

What should we do?

The first thing we can do to fight against toxic male body image is to realize that men struggle with body insecurity just as much as women do. We need to provide a safe place for them to be vulnerable and share their feelings on the subject and not be seen as weak.

Revising the old rigid system is also part of the solution. Society as a whole needs to provide more inclusive views of men's bodies. Seeing different body types in advertising, movies, TV, and social media can destigmatize the body positivity movement and help the world accept that there are other forms of norms and not just one "ideal" body type.



How Toxic Masculinity Fuels Male Body Insecurities

People have ignored or disregarded male body image issues, but studies indicate that a large number of men endure their body image issues

Psychology Magazine / Aug 23

What is Toxic Masculinity?

The term Toxic Masculinity is a "popular term for {the} stereotypically male behaviors that are harmful to me and society as a whole"

What is Toxic Masculinity?

Common Traits Include:

- Manliness based on
  - Lack of emotion
  - Dominance
  - Sexual virility
- Aggression
- Isolation
- Entitlement
- Sexual control
- Hyper-competitiveness
- Violence

Why Does This Matter?

In extreme conditions, insecurities like these can develop into clinical cases of Body Dysmorphic Disorder and Muscle Dysmorphia. These disorders can lead to dangerous behaviors including strict dieting, extreme exercise regiments, and steroid use. Additionally, men can develop eating disorders such as anorexia, bulimia, or compulsive eating.

This can eventually devolve into a vicious cycle of self-hatred and bodialy harm

"The status quo might revere men as a class, but it destroys them as individuals. And it teaches them to destroy others in return."
— Clementine Ford, Boys Will Be Boys: Power, Patriarchy and the Toxic Bonds of Mateship